Actual Specific Angular Momentum vs Implied Specific Angular Momentum Implied Specific Angular Momentum ($ho c^2 \ Myr^{-1}$) 10^{2} 10^{1} Specific Angular Momentum Line of Unity 10⁰ 10^{-1} 10^{2} 10^{-1} 10⁰ 10^{1}

Actual Specific Angular Momentum ($pc^2 Myr^{-1}$)